

By Christina Kirby
Staff Writer



PUPS



1. Shila

Shila is an adorable, purebred Cocker Spaniel. This spunky pup is small with wild blonde fur. Shila often has a goofy expression, with her tongue hanging out of her mouth. Even though she is ten years old, she still acts like a puppy. Shila can be rather wild and is very easily excited with new people. When she gets the opportunity, Shila loves to swim!

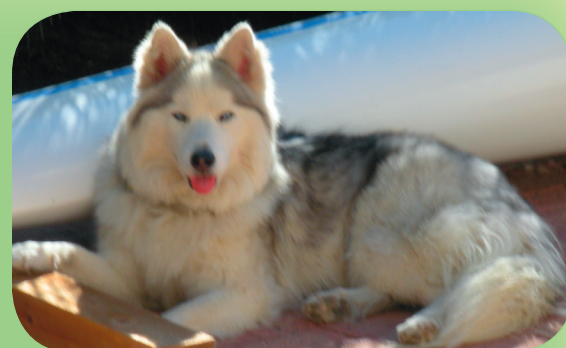
2. Koko

Coco is a four year old dark brown Chihuahua. Her days consist mostly of laying on the floor and barking at people as they come through the door. Although, she does enjoy going outside and sometimes watching television with her owner. Coco and her owner both love being home and relaxing, but enjoy spending time outdoors and running through parks with friends.



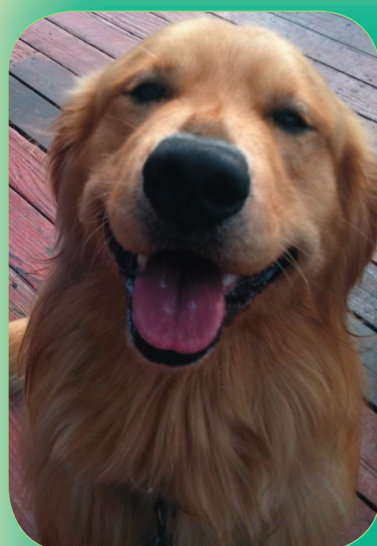
3. Tika

Tika is a four year old Siberian Husky. She has long, thick fur and bright blue eyes. She is a very sociable dog. She absolutely loves seeing people and will greet them with a lot of licks and kisses. Tika is very hyper and will run around her backyard all the time. She really enjoys getting attention from people and playing with her owners.



4. Teddy

Teddy is a two-year old Golden Retriever. He has a ton of energy and will jump all over anyone who comes to his house. Teddy's favorite part of the day is when his owner takes him on long walks all around his neighborhood, but he is most content at the beach. He loves to play fetch and jump in the waves. When Teddy is at home, he lays on the deck or has play dates with his girlfriend, Jack. She is a Poodle with a mohawk and pink nail polish. Teddy's favorite treat is cheddar cheese, which is also one of his owner's favorites.



PICTURE PERFECT POOCHES

Do dogs resemble their Viking owners? Play the game and see which pairs are the same!

By Elyssa Kanter
Staff Writer

Jenny Block, a junior at La Jolla High School, rescued her dog, Coco the Beagle. Coco, whose name was originally Tycie, was found by the Block family wandering in the street without a leash or collar. After putting an ad in Craigslist and asking around the neighborhood, Tycie's owner was found. The original owner was an older man. He and his son, who was around thirteen, never took care of Tycie.

The owner explained to the Block family that Tycie escaped many times before, but decided to take Tycie back. Only a couple of days went by when Tycie had gone missing again.

"My mom called the owner and then we gave the dog back, again. It got out after that too," junior Jenny Block said.

Tycie escaped for the third time, and had been caught by another neighbor, who in turn brought her down the San Diego Humane Society. Jenny's mom went to the Humane Society to adopt the dog, but failed to do so after the owner had told her that he wanted to keep Tycie and breed her. After some convincing, the Block's had bought Tycie, and had her spayed.

Tycie's name changed to Coco right after she was adopted by the Block family.

"I wanted to name her Rowboat, after the movie The Boy in Blue, but my mom said no. My mom named her Coco because she liked Coco Chanel and Coco Pup. So they both contributed, and we came up with Coco," Block said.

The Block family has taken Coco to puppy class where she attempted to learn basic dog commands such as: sit, stay, and lay down.

"She [Coco] failed puppy class the first time, but passed the second time. Coco has a hard time behaving. People are always asking why she jumps so high, why she has so much energy, and why she is so obnoxious," junior Jenny Block said.

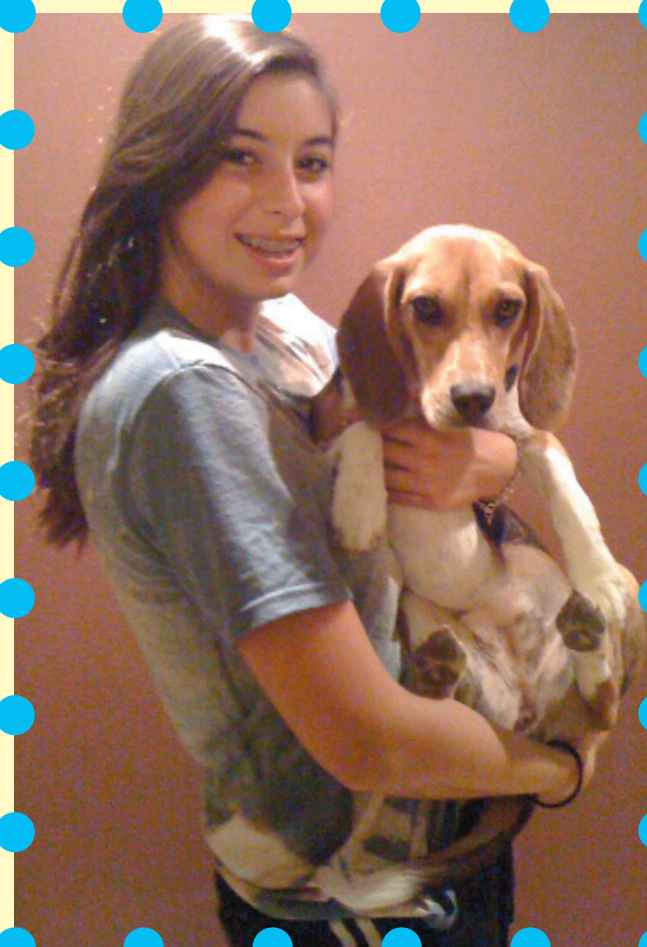
Block shows a lot of love towards her new pooch. Coco has learned different ways to stay in the spotlight with the Block family.

"Coco has huge floppy ears that are brown. Her whole body is brown black and white. Whenever she wants something she folds her ears over and lets them hang, near her face...it's so cute though, you can't say no to her," junior Jenny Block said.

Until the Block family had found Coco, she had been neglected and deprived of the attention she needed. The Block family currently provides Coco with a comfortable lifestyle surrounded by love and family.

"Every pet that I have ever had has been rescued. I would never go out and buy a dog just because it's pretty. I would buy a dog that is in need of help," Block said.

A Rescue Story: Jenny and Coco



5. Dexter

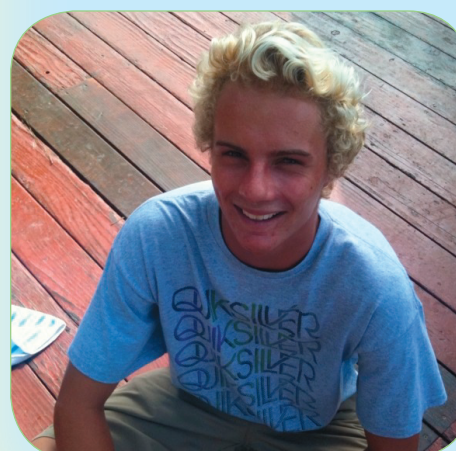
Dexter is a ten year old German Sheppard mix. As far as dogs go, he is more on the anti-social side. Dexter likes to sleep and is a little bit lazy. He likes to spend his time lying around outside. While in his backyard, he barks and attacks small animals often.



Answers

1. d
2. c
3. a
4. e
5. b

e. Erik Vanstrum



Erik Vanstrum is fifteen years old and a sophomore at La Jolla High. Erik's favorite thing to do is going to the beach; he goes surfing or swimming in the ocean every day. Erik says he is happiest when he is outside being active.

"I love fruit, especially mango. Then again, I basically love all orange foods... yummm," Vanstrum said.

PALS

By Freda Spencer
Staff Writer



a. Kelsey Ryan



This year Kelsey Ryan is a senior and is seventeen years old. She loves being around people and spending time with her friends. She is very energetic with a bubbly personality and has gorgeous blue eyes.

"People often tell me that they can hear my voice or laugh down the halls," Ryan said.

She is always ready to do something fun and have a good time.

b. Matt Daubner

Matt Daubner is a sophomore and sixteen years old. He loves to listen to music and hang out with his group of close friends. Matt also enjoys spending time outdoors.

"I love to chase small, furry animals just like my dog," Matt said.



c. Mikey Soumekh



Mikey Soumekh is a senior this year. Towering over most of his classmates, he stands out with his great height, dark hair and complexion. His favorite sport is lacrosse. On the weekends, he relaxes at his house during the day and hangs out with friends at night. Sportscenter is Mikey's favorite thing to watch.

"Sometimes if I am lucky my dog will watch it with me," Soumekh said.

d. Aoife Collins

Aoife Collins is sixteen years old and a junior this year. She is one-hundred percent Irish, and has taken after the Irish talkative and social way of life. Aoife loves being around people, and spends a lot of time with her friends. Sometimes she can be goofy and maybe, just a little immature. Her talkative nature sometimes gets her in trouble with teachers. Aoife plays water polo and is a part of swim team.



SPORT of the MONTH

By Olivia Polger and Heren Alanis
Staff Writer

Welcome to the Wave House...

Upon entering the Wave House in Mission Beach, it is obvious why it is so popular amongst surfers, skaters, and other boarders alike.

The House is a hive of activity, with people socializing, watching the flowriders, or trying out the waves themselves. Riders describe flowriding as a mix between surfing, snowboarding, skating, skimboarding and wakeboarding.

It is not necessary to be a pro surfer to enjoy the Wave House. For the less experienced, there is the FlowRider; for the people who are naturals on the waves there is the FlowBarrel.

"It is amazing because it is so much different than anything else you have ever tried," junior Alex Swilley says.

"There's a FlowRider Com-

petition here and we're trying to get more high schools kids involved to join teams and compete," manager of the Mission Beach Wave House, Jeff Ranta said.

The teams would compete once a week against other teams from the area. Students seem to like the idea, and are eager to be part of such a team.

"[That would be] a fun experience," junior Jake Loosen said.

The Wave House is open from 12 to 8 pm everyday. For first-timers, The FlowRider is \$15 per hour plus \$10 registration fee. Experts get on the FlowBarrel for \$40 an hour. Some special offers include: Locals Wednesdays, when San Diego locals ride for 50% off; Student Thursdays, students ride all waves for 50% off with a student ID. Other specials are listed on the Wave House website.

A NEW VIKING ERA

By Jessica Wood
Staff Writer

After 37 years, the Vikings Varsity Football coach, Dave Ponsford has stepped down. In his place, Rey Hernandez has stepped in to fill the role as head coach.

Along with a change in the coaching staff have also come changes in many aspects of the Viking Football team.

Coach Hernandez has introduced a new philosophy to the team. He emphasizes playing with the mind, as well as the body, and promotes team unity over individual athleticism. Members of the team have accepted this new approach.

"We all have an enormous amount of respect for Pons and his value in tradition, but this is a new year and we are approaching it from another angle," senior Zack Zlatich said.

"Coach Ponsford has been following the same coaching techniques for all his years as a coach and they have worked well, but Coach Hernandez has come out with something completely different," senior Tony Murillo said.

"Last year, there was no lifting and little conditioning.

This year both are crucial. We lift all the time and we get a ton of conditioning by playing in intense practices. Our team is faster and stronger than it has ever been," senior Pierce Poynter said.

The seniors all agree that they would not be nearly the players they are today without Ponsford's coaching.

"We miss Ponsford's 'in-your-face' personality but Coach Hernandez is doing a good job carrying out his legacy," senior Andy Jones said.

Ponsford still tapes the football team and is close with the team members but keeps a fair distance so that Coach Hernandez can conduct and discipline the team the way he thinks best.

"Last year I felt I wasn't as strong of a coach as I had been in years in the past. After a very long career, I realized it was my time [to retire]," Coach Ponsford said.

The Vikings continue to bring pride to La Jolla High School. They are playing this season with immense respect for Coach Ponsford and in hopes that Coach Hernandez will guide the team into a new victorious era.

The Myth of Mmm...

By Rosi Di Toro
Staff Writer

The expression "ignorance is bliss" has never been more accurate than when referring to the food industry. Unfortunately, the general public's ignorance is leading to an outbreak of many life threatening illnesses such as cancer, heart disease, diabetes, premature aging, arthritis, and osteoporosis. Even something as harmless as a sports drink is contributing to this epidemic of unhealthy eating habits and disease.

Gatorade, for example, is a well known sports drink among athletes that was developed by the University of Florida in 1965 for their football team, the Florida Gators. The researchers who developed the sports drink wanted a beverage that combined water, carbohydrates, and electrolytes to see if it could prevent cramping and dehydration caused by heat and physical exertion.

"Gatorade is my favorite sports drink and I drink it during practice and at games," sophomore football player Matt Costelloe said.

The real question is who is benefitting? Is it athletes, or is it the companies that make the drinks? Seeing annual sales of sports drink reach 7.5 billion last year gives a good clue as to why these manufacturers are lobbying so hard to use words like "essential" and "healthy alternative" when describing the sports drinks being produced. The biggest argument in defense of Gatorade is that it supplies the body with electrolytes which drinking water alone does not provide.

Electrolytes are minerals in the blood, including sodium, potassium, and chloride,

which help to keep the body's acidity balanced. When a person sweats, they lose a lot of electrolytes; however, all but the most vigorously exercising (or sweating) people would not even begin to notice those losses because the human body already has plenty of electrolytes.

It is important to be aware of not only what ingredients Gatorade contains, but also to know their harmful effects. The main ingredients in an orange Gatorade sports drink are: water, sucrose syrup, glucose-fructose syrup, citric acid, salt, and sodium citrate. Gatorade's appeal can be attributed to its containment of artificial sugars such as high fructose corn syrup, sucrose syrup, and glucose-fructose syrup.

Fructose converts to fat more readily than any other sugar, which may be one of the reasons Americans continue to gain weight.

High fructose corn syrup should not fall under the guise of "essential" along with the rest of the ingredients in Gatorade. Rather, it is a dangerous additive that makes sports drinks for young athletes nothing but marketing hype.

Fructose is not the only chemical additive in Gatorade; it also includes citric acid as well as a variety of artificial dyes depending on the flavor of the drink.

When asked if she would ever drink soda at practice or before/during a game, freshman volleyball player, Kelsey Webber replied, "No, it is not good for jumping around and it is too sugary. When you drink soda you get an energy boost then crash."

Yet, it has been scientifically proven that Gatorade (and Powerade) contains as much as

two-thirds the sugar of sodas, and more than three times the sodium. The label on a bottle of Gatorade reads, "What exactly does Gatorade do for an athlete? Good Question. It's scientifically formulated to replace more of what you lose when you sweat...Nothing rehydrates, replenishes, and refuels athletes better." Gatorade may replenish electrolytes such as sodium, potassium, and chloride more quickly than food or water can do, but not by vast levels. An 8 ounce bottle of Gatorade only contains 1% of the daily value for potassium.

There are many healthier alternatives for sports drinks. For example, water is the best for rehydration because it works better than anything to replace lost fluids. Water is also crucial for keeping the average athlete functioning, because 55% to 78% of the human body is water.

Sophomore Taylor Carpenter was accurate when she said, "In my opinion water is the best for me. Soda and sports drinks will make you sick if you have them before you work out."

Glaceau, the company that produces Vitamin Water, also sells a product known as Smart Water which is natural water with added Vitamin C and electrolytes that does not contain harmful chemical additives, artificial sugars, or artificial dyes.

It is important to be educated in matters of health and wellbeing. Rather than buying into marketing ploys, which may be leading to the increase in many diseases, Americans should gain an understanding of what they are eating and drinking in order to make informed decisions that benefit them for their good.

photo courtesy of <http://www.thedieline.com/blog/images/2008/11/24/gatorade.jpg>

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STANDOUT ATHLETES



By Kaylee McNeil
Staff Writer

At the start of the school year, the Women's Varsity Volleyball team proved that they are a force to be reckoned with when they took third place at their annual tournament in Idaho. Leading this spectacular group of girls are first time captains, seniors Haley Cameron and Gracie Drozda.

Throughout seventh and eighth grade, the two girls played volleyball on local teams and by the time their freshman year came around, they were both able to make Varsity.

Both Haley and Gracie look back to their first place success in Idaho last year as their greatest achievement and though they only made third place this year, they are staying positive.

"It was kind of a bummer

since we won last year, but we are not getting too upset about it," Drozda said.

The captains believe that this year the team is at an advantage because they have a significant number of returning players and seniors on the team.

"We will also be good role models for younger players," Drozda adds.

Haley and Gracie believe the team's defense has improved considerably this year, and expects that, because the girls on the team know each other so well, they will benefit from this relationship.

One challenge that they are looking to conquer is beating Cathedral. The team has not been able to beat them in quite some time; they hope that they will finally be able to this season. They also are going to

try their hardest to make it to CIF.

"[My main goals are] to lead the team through the State Champs and let everyone have a good time," Cameron said.

Their advice to aspiring volleyball players?

"Always practice and have a passion for the game. You have to love the game to get better," Cameron said.

For college, Haley will be attending the University of Texas on a volleyball scholarship and Gracie is looking to play volleyball at a private school on the East Coast.

Be sure to catch Haley, Gracie, and the rest of the Women's Varsity Volleyball team in action on their October 14th home game versus their rival, Cathedral Catholic High School. Make sure to be there and support the Lady Vikes!



Photos Courtesy of : Kaylee McNeil

NO SHAVE YEAR?

By Brittney Schrift
Staff Writer

A normal high school coach will encourage their athletes to try their best when playing a tough game, but Tom Atwell is not a normal high school coach. As head coach of La Jolla's Varsity Boy's Water Polo team, Atwell has promised the boys that if they win the October 13th game against their rival, The Bishops School, he will not shave until the next polo season!

The Vikings have not been able to defeat the Bishops' Knights in quite some time and the team is hoping that this game is theirs for the taking.

Atwell did not come up with the idea himself. Team member Dylan Hallman, a junior, offered it up and Atwell accepted the challenge.

"During Hell Week this summer, we were running to the Cove when I noticed that Atwell had some stubble because he hadn't shaved that day, so we poked some fun at him. Then, later in the summer, a few of the boys, including myself, were helping clean his yard when we saw some old photos of him where he had

a lot of facial hair! So I asked Coach, 'If we win, will you not shave until next season?' Surprisingly, he said yes," Hallman said.

However, a reward of this caliber is not the norm. In fact, this is actually the first time Atwell has promised to reward the boys for a win, let alone doing something this crazy!

"I usually never do anything this insane, I would normally just tell them to go out and beat the team," Atwell said. And he is not afraid to admit that he is scared. "I am absolutely terrified that I may have to come through with this promise," Atwell said.

The other members of the team are just as excited as Hallman is to potentially see Atwell in a way they have never seen him before.

"Atwell will look twice as gnarly with a beard," junior Matt Schug said.

Students can show their support for the team at the Bishops game on October 13th. Not only will it be a great game, but students will get to see Atwell's reaction when he finds out whether or not he will have to put down the razor for a whole year!

Serena Crosses the Line
The diva of the court throws a tantrum

By Jessica Wood
Staff Writer

Point, game, match. This is the order of penalties given to tennis players who do not follow proper court etiquette. One of the first things any competitive tennis player is taught is how to act appropriately on the court.

Swearing, throwing of the racquet, and unsportsmanlike mannerisms are not permitted, and if such codes of conduct are broken, the result is a loss of earned points- from there, it's three strikes and you're out.

Usually, the most that is heard from professional tennis players are their grunts and moans as they smack the ball as hard as they can. Lately though, some of the most respected tennis players of our generation have shown that even they lose their cool at times.

At the U.S. Open, millions

of people watched on TV as Serena threatened to, "shove this ball down [the official's] f----- throat," resulting in a point penalty on a match point. It turned out that the

"As a tennis player I am really disappointed that a player of her stature would let down her fans by being so inconsiderate and rude on the court," senior Tali Gires said.



"Any Tennis player, or athlete for that matter, would know that what Serena did was out of line. Especially with the amount of money she is being paid, and the amount

of experience that she has. I think she should have known when to stop and when too far is just too far," junior Allie Rubens said.

As most tennis players would agree, Serena undoubtedly crossed the line. If young tennis fans continue to look to players like Serena Williams as role models, the fine line of what is acceptable behavior on the tennis court may change drastically.

Many players on La Jolla High's team disagree with Serena's conduct. "I understand Serena getting upset over a call she thought was wrong, especially on such a crucial point, but I think she crossed the line. She made a fool out of herself in front of some of her biggest fans and for that I lost a lot of respect for her," senior Nathaly Moungvong said.

H1N1 influenza vaccine on September 15th. The approval of the vaccine signifies the completion of a long anticipated step in the fight against this flu. The government is set to start mass vaccinations next month. Some may not trust the new vaccine because they are not familiar with it, but all

will have to wait until the vaccine undergoes further review before making any accurate conclusions.

It is no secret that H1N1 influenza has become a hot topic of conversation during 2009. The new H1N1 influenza seems no more deadly than regular winter flu, which every year kills 36,000 Ameri-

cans and hospitalizes 200,000. But there's an important difference: H1N1 influenza sickens younger people more frequently than the people over 65 who are the main victims of seasonal flu. For now, students must try their best to stay healthy and eventually get vaccinated.

BURNING QUESTIONS

By Kathy Lunas

Staff Writer

The start of a school year can be an exciting time. There are new students, new teachers and as always, new issues that are burning to be addressed. Here at La Jolla High Tide, we are dedicated to answering those burning questions. Right here. Right now. This is Burning Questions.

1) Why was the annual Blast Off pep rally cancelled?

This was one of the biggest questions that many students were wondering about and no one really had a concrete idea why, until now. ASB member, Yasamin Elahi was able to provide an answer.

"Since Blast Off was so early this year, we didn't have time to plan a pep rally that would have been enjoyable for the students," junior Elahi said.

2) Why is there a fourth senior bench?

The three benches near the gym have always been known as "senior benches." Seniors are allowed to come onto campus and spray paint all three benches for a birthday or to promote different events either locally or globally. It has been a long tradition at La Jolla High so why now, all of a sudden, is there a fourth senior bench? The bench sits off to the side looking odd and a bit out of place compared to the original three.

"The seniors don't even sit on that bench. Where did we get the money for a new bench?" sophomore Stephen Wilkinson said.

As seniors rule the school, or so they believe, as soon as the spray paint went on; the bench belonged to them.

3) What are the messages painted in the girl's bathroom?

The girls found interesting messages painted in the 800 and 500 building bathrooms. They read things such as, "Why can't we all just get along?" and "Hope." No one knows for sure who wrote on the walls but some people find it

pretty incredible.

"It's really cool. Usually the stuff in there is bad and just uninspiring. It's nice to have something that isn't so negative," senior Alex Jordan said.

Whoever the mysterious person is, they will hopefully continue to inspire people in other ways.

Got a burning question?

Send it in to ljhitide@yahoo.com

Photo Courtesy: Kathy Lunas

Texting in Term Papers

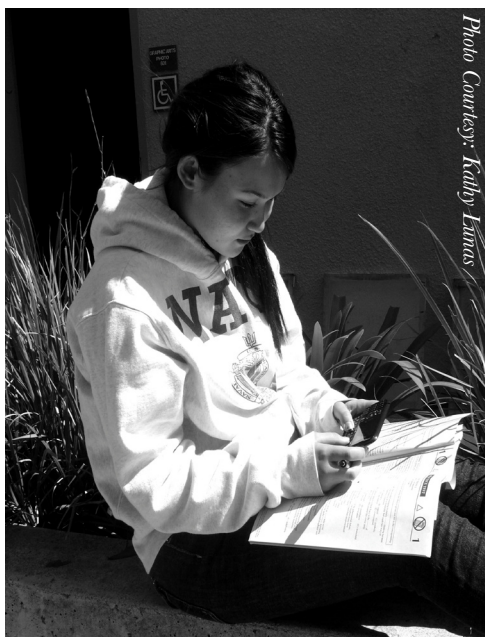


Photo Courtesy: Kathy Lunas

on Writing found that 64% of surveyed teens included various forms of lingo in their writing for school. Most of these teens were online bloggers, social network users, and owners of cell phones.

In today's world, technology has become increasingly accessible to students. Texting and checking email or Facebook is part of the daily routine of

an average teen. Schools such as La Jolla High School have also implemented media and technology into the classroom, encouraging students to check class websites for assignments. It should not be shocking that many teenagers have adapted to the use of modern slang, due to more frequent exposure to the internet and the need to communicate with cell phones.

"Idk, idc," senior Angel Bates said when asked to comment.

Also known as, "I don't know, I don't care", Bates pokes fun at teens' increasing habit of using text slang in verbal speech.

Yet many students are surprised, claiming they rarely blend the writing they use online or over texting with

the formal writing required in school. At least, not in noticeable quantities. They seem to be just as confused as to how one could easily let slip an "OMG" or ":)" into academic work.

"Why would anyone be writing 'LOL' in a professional paper?" sophomore Melissa Perrine said.

Other students remark that they have included text and IM slang purposefully to add a touch of humor to their assignments.

Some students avoid slang all together.

"My friends and I like to spell everything out when we text each other, it's less confusing. Sometimes I'll write something like 'LOL' in homework on purpose (to make a point)," sophomore Megan Bailey said.

Teachers at La Jolla High also report that the use of such texting language has been uncommon. Students usually only venture as far as a "b/c" in place of "because". English teacher Mrs. Weien of room 803 is thankful that she barely finds cases of informal language, or else she would have to quit teaching.

Though the insertion of IM lingo or text abbreviations may not be as large of a problem as expected, it is happening- a sign of the rise of technology in today's world, and its impact on teens.

By Ashley Wei

Staff Writer

Habits picked up through texting and instant messaging seemed to have made their way from students' electronic screens into their schoolwork.

In a recent trend, some students have been incorporating shortcuts, popularly utilized in texts and IMs to provide quick and expressive communication, into homework assignments. Often times, a student does not realize their inclusion of text slang or informal writing until afterwards.

"Writing, Technology, and Teens", a 2008 study conducted by the Pew Internet and American Life Project in association with the College Board's National Commission

Murder at Yale

By Laura Wells and Su-quoia Geary

Staff Writers

Days before she was set to wed, Yale grade student Annie Le was reported missing. She was last seen visiting the lab in which she worked on September 8th. On September 12th, 2009, a bloodied cloth was found in the lab. The following day, remains were found inside the wall duct of a Yale lab. The remains were later identified as bride-to-be Annie Le.

After police discovered Le's body and named the cause of death a homicide, the investigation began. One suspect was Raymond Clark III, a fellow lab tech of Le's at Yale

University. After the questioning of Clark, a large investigation was put into place with nearly 250 articles of evidence found in both Clark's home and the lab in which both Clark and Le worked; Clark was later arrested for the murder charges of Annie Le.

This is the first murder in Yale history since December 1998 and many students were surprised to learn the news.

"It's always such a tragedy when people's lives are taken from them before they get a chance to fully live it out," senior Kelsey Ryan said.

"Usually the only time Yale is in the news, is when it is about something academic, and nothing like this," senior Tess Reardon said.

This past month we've witnessed Yale's policy towards a type of situation such as this one, but what about La Jolla High School's policy? If the school were to face such a situation what would we do to handle it?

When asked this question, school principal Mr. Shelburne, contemplated the situation for barely a second before replying, "The issue I'd be most concerned with is the safety of the student body. I believe that Yale handled the situation well. They called the police and took care of everything as fast as possible. The key to handling an issue like this is effective communication. At our school we have a mass voicemail system to

inform parents if something were to happen at LJHS. We also have a crisis plan and team to take care of things in case a violent situation like murder occurs."

And as for the ensuing publicity that would follow such a scandal?

"The school would get facts quickly, communicate what they know to the student body and dispel any rumors going around the school," Mr. Shelburne said.

While any situation like the one at Yale would be simply devastating to undergo, it is comforting to know that the staff at La Jolla High School have a plan.

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Passion for Fashion

La Jolla Singing to a New Tune

Christina Kirby
Staff Writer

La Jolla High is a host to a variety of different styles and fashion. One student known for her exquisite fashion sense is Mellissa Pouk.

Inspired by her travels to places such as France,

Holland, Spain and Japan, Mellissa has developed a personal style that she described as

“sophisticated but universal.”
 “When I travel and see different styles with fun color, patterns, or textures in clothing, it inspires me,” said junior Mellissa Pouk.
 Bearing items such as high wasted skirts, boots, and belts,

Mellissa always looks up to par. Often times she can be seen wearing scarves, which are popular in Europe, and layering various items, which is a look that is favored in Japan.

However, her favorite location for fashion inspiration is none other than the fashion capital of the world, Paris.

“I love the sophistication of their styles,” said Mellissa.

Some of her favorite designers include icons such as Louis Vuitton and Chanel, and she really appreciates their beautiful clothes. Mellissa loves to shop when she is abroad, and particularly likes a European store, Zara.

Locally, the LF boutique in downtown La Jolla is her favored place to go when looking for new clothes.

So what is the new trend for the upcoming winter season? Mellissa is excited to wear a variety of different tights, accesorized with a cute pair of boots.

However, it is not only new trends that catch Mellissa’s eye. “Sometimes it’s fun to take old styles from past decades such as the 40s and wear them in a new way.”

Be sure to check out Mellissa’s cute clothes at school.

By Taylor Jetter
Staff Writer

Hear the trumpets sound! La Jolla High has a new band teacher! His name? Ted Foster. Foster was born and raised at Cape May Court House in New Jersey and recently graduated from George Mason University in Fairfax, Virginia.

As a band teacher, he knows how to play each instrument of the band orchestra. He is also skilled with the guitar and enjoys singing.

Mr. Foster was a student teacher during his last semester at Mason and is thrilled to finally be working with his own class.

“Here I am the teacher, and everything is what I make of it- just how I want it to be” Foster said.

Mr. Foster was enrolled as a math major while at George Mason University, but switched to a music major before the semester began.

“I couldn’t give up music, and I was just as good helping fellow band kids understand the music, so I switched majors and never looked back.” Foster explained.

Star Wars is Mr. Foster’s favorite book and movie series. To make things very simple, the only movies he does not like are teen comedies.

“I really despise teen comedies, and have for quite some time, but that’s about the only type of movie I don’t like.” Foster

explained.

He enjoys a lot of ska music, and his favorite band is none other than Streetlight Manifesto. When he is not reading *Star Wars* or playing guitar, Mr. Foster is down at the beach or longboarding around town. He also plans on learning how to surf.

He also described himself as “eccentric, dedicated, and

enthusiastic.” He is definitely dedicated to his work, and is no doubt enthusiastic about it as well. Let’s hope to see his eccentric side in future band concerts.

Mr. Foster is looking forward to the years to come. He is thrilled to be part of the school, and excited to be starting his first real job as a music teacher. He has a lot of ideas that he is waiting to unleash, and what better place to do so, than here at La Jolla High?



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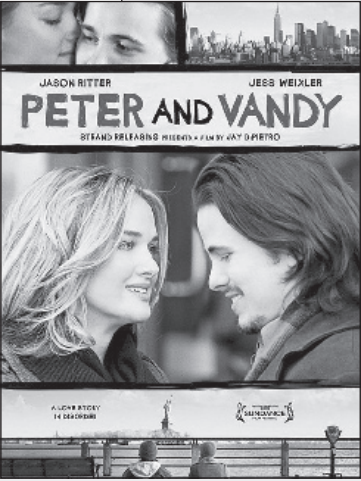
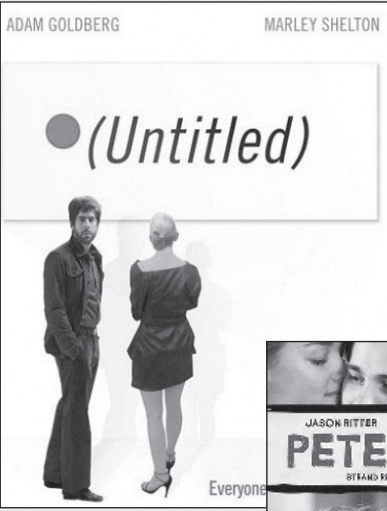
By Jasmine Mobasseri
Staff Writer

Independent films give people a break from the ordinary motion picture. They do not always consist of a fairy-tale ending or a predictable plot. They are absolutely awesome and are full of surprises.

Untitled

In theaters October 23
 Rated R (for bad language and nude images)

Bucket kicking, squeaking pleather skirts, stuffed road kill, and blank walls: art? It appears so in director Jonathan Parker’s amusing take on today’s modern art scene. Adam Goldberg plays the role of an aspiring musician whose soundtrack consists of the misuse of instruments, off-pitch vocals, and bubble wrap. A romance brews between his character and a trendy gallery owner, played by Marley Shelton, whose latest featured artist creates masterpieces that are composed of taxidermy, miscellaneous, and unusual, items. This bizarre film’s subtle humor and biting wit will have anyone that watches it leaving the theater with a smile across their face.



Peter and Vandy

In theaters October 9
 Rated R

Love is complicated. Those who fall in love often have no idea how it happened or any idea about how their once doe-eyed romance turned cynical, twisted, and problematic. Peter (Jason Ritter) and Vandy (Jess Weixler) are the perfect example of a couple that have simply lost their way. Director Jay DiPietro takes watchers on an empirical study of love. What makes this film unique is the way the story is presented. Small moments that the couple shares with one another are told in a nonsequential way. These moments begin to connect more and more as the story progresses, revealing the answer to their lingering question. Why are we together? Peter and Vandy may be unsure of why they are the way they are, but the viewer gets some extra insight into the mystery that is love.

LJ's Best Dance Crew

By Molly Salas
A&E Editor

La Jolla High School is full of talented individuals who express themselves in different ways. Whether it be through sports, art, or clubs, each student brings something to the table. Three of our very own seniors take their unique dancing talent to a different level, as part of a dance team called Kruciaal Element. The High Tide got a chance to talk to Lilly Sedaghat, William Zhang, and Itto Kabbage about what makes them tick.

High Tide: How did you all get started with dancing? How long have you been dancing?
William Zhang: First started learning how to c-walk a few years ago and gradually went into freestyling and cleaner popping. I've been learning bboying and choreo for the last half year or so.
Lilly Sedaghat: It all started with my fascination of breakdancing and my obsession with ABDC. Now I go see college crews instead.
Itto Kabbage: I was dancing in the womb. I did ballet when I was little and started hip-hop about 3 or 4 years ago.
HT: How did you discover your dancing talent?

WZ: Youtube? Haha.

HT: Favorite kind of dancing?
WZ: Popping and Bboying.
IK: Hip Hop for sure.

HT: So you guys are part of a team? How did you get affiliated with it and what's the best part about it?

WZ: I got affiliated w/ Kruciaal Element through I t t o . She was on the team in previous sessions and told the rest of us about it. Best part is probably learning the choreo and performing it.
LS: William and I are on the foundation team and Itto is way more legit on the amateur team.

HT: Why do you do what you do?
LS: I also dance because it is my creative outlet and helps me relieve stress. It is a freedom of expression, something that my people back in Iran do not have. By speaking for them, in forming body movements that scream Democracy and Freedom and Equality, I dance and rep' my peeps.
IK: Super cheesy, but I dance because when I am not dancing I literally feel sickly and dperessed; like there is a necessary activity missing in my life.

HT: If you could be any dance crew on ABDC from the last few seasons, who would you be and why?

WZ: Kaba Modern; they're by far the cleanest crew that's been on the show.
LS: Beat Freakz, please.

HT: What's the beastliest trick or difficult thing thereof you've learned to do?

WZ: An elbow pike freeze. I'm trying to learn how to do coin drops but they hurt.
LS: A one-handed Nike.

HT: How often do you practice?
LS: Recently, I have been going to UCSD almost every day to dance by myself. I plug in the speakers, look at myself in the mirror, and move.

HT: Where can we see you perform?

LS: On Halloween the foundation team will be performing with the amateur team in downtown San Diego on Halloween night to a Thriller remix.

HT: If you're not dancing, what is your favorite thing to be doing?
WZ: Playing tennis and being Asian.
IK: Traveling.



The Next Generation?

By Wilson Mokaio
Staff Writer

Five hundred thousand people stand on the fields of Max Yasgur's dairy farm looking on towards a gigantic mega stage built by hundreds of drug-fueled hippies. They were attending one of the single greatest moments in music history, the Woodstock Music and Arts Fair. This year was the 40th anniversary of the historical festival, and with it came a reminder of the importance of music. "Music is a part of the poetry that makes life worth living. If we connect our lives with the ideas in music, we can really appreciate the beauty around us." junior Max McMillan said. The concertgoers were 500,000 strong and not one fight occurred. This kind of peace was unexpected compared to what was happening in the world. The two years leading up to Woodstock were full of

frustration toward America's government. Amidst the turmoil of the Vietnam War, the under-30 population of the country was echoing anti-war sentiments.

Some 40 years later, our country is in the middle of the Iraq and Afghanistan war, a war that was started by a



President voted into office by our parents. In the years that followed September 11, 2001, our generation has been able to sort through the lies and political bias from all the candidates, parents, and zealots, and form an opinion of our own. Today's music has changed a great deal since those three colorful days in 1969. The

headliners of our generation's music scene are vastly different. We are the next Woodstock Generation not because we want to imitate the originals, but because we have something to say. Our parents may guide our ideas, but we are individuals, not made in their image, so why should we have their beliefs? The clairvoyant visionaries of the 60's are not here today. George W. Bush, our Lyndon Johnson or Richard Nixon of the new millennium, has started a war and left a huge deficit in the treasury. "Mr. Obama has done a huge amount to help our progress foreword, but we still have a long way to come," freshman Benjamin Gehleter said. The message behind Woodstock was one of love and peace towards our fellow man. With tensions at their highest between the U.S. and North Korea, not to mention a war, it would be a great time for some brotherly love.



EXPLORE LOCAL MUSIC & CULTURE

OCTOBER

NOW PLAYING



A Different Life: Finding our Future in San Diego
San Diego Historical Society
This exhibit presents the struggles, hopes and dreams of a teenage group of refugees from Somalia. The teens who co-created this exhibit share personal stories and how they adapted to life in San Diego. Playing until November 28.

OCTOBER 13



The Lion King
San Diego Civic Center
\$26.50-\$130
Raved as one of the best musicals today, The Lion King takes you back to the time you were a little child. See the amazing acting, costumes and music in the Lion King, live. Playing until November 8.

OCTOBER 16



Where the Wild Things Are
\$Movie-ish
You may remember reading this book as a child, wishing you could discover the magical island with mysterious creatures on it. Now you can get lost in the movie adaptation of the timeless book, "Where the Wild Things Are," directed by Spike Jonze. Rated PG, Shown at all major movie theatres.

OCTOBER 24



Tech N9ne w/ Krizz Kaliko, Kutt Calhoun, Big Scoob, Slaughterhouse, Stevie Stone
House of Blues
\$22.50- in advance
Although Tech N9ne is headlining, all of the performers as a whole have been said to be amazing together. One highlight inparticular is said to be Supernatural's freestyle rapping.

Happy Homecoming!

Big Gym, \$10

OCTOBER 28



Michael Jackson's This Is It
\$Movie-ish
This musical documentary takes you through the final days of the one and only king of pop. From the final rehearsals of the farewell tour, you will see exclusive behind the scenes rehearsals and interviews that have never been viewed before. Unrated, Shown at all major movie theatres

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photo courtesy of www.sudoku.com.au